

## ANSWERS TO CALCIUM CARD GAME

### Explanations:

- Cream cheese is mostly fat and contains less calcium than most people think. Draining non-fat yogurt for several hours through cheesecloth makes a calcium-rich spread similar to cream cheese.
- Eggs: Even though eggs are found in the dairy case, they do not contain valuable amounts of calcium.
- Low fat cottage cheese contains only 80 mg. of calcium because cottage cheese is separated into curds and whey, and the whey, which contains some milk, is removed.
- Cheddar cheese and other “hard” cheeses are higher in calcium content than softer cheeses.
- Milk is a valuable source of calcium and also is fortified with significant amounts of Vitamin D.
- Vegetarian lasagna (made from low- or no-fat cheeses) is a “combination food” and contains calcium from several sources.

**The correct order of the calcium cards from the lowest amount of calcium foods to the highest are as follows:**

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|---|------------------------|
| <b>1. 1 oz. cream cheese:</b>                   | <b>20-mg. calcium</b>  |
| <b>2. 1 hard-boiled egg:</b>                    | <b>30-mg. calcium</b>  |
| <b>3. 1/2 cup cooked broccoli:</b>              | <b>40-mg. calcium</b>  |
| <b>4. 1/2 cup cottage cheese:</b>               | <b>80-mg. calcium</b>  |
| <b>5. 1 ounce cheddar cheese:</b>               | <b>205-mg. calcium</b> |
| <b>6. 6 oz. calcium-fortified orange juice:</b> | <b>250-mg. calcium</b> |
| <b>7. 1 cup milk:</b>                           | <b>300-mg. calcium</b> |
| <b>8. 1 cup fruit yogurt:</b>                   | <b>345-mg. calcium</b> |
| <b>9. 3 oz. sardines with bones:</b>            | <b>370-mg. calcium</b> |
| <b>10. 8 oz. vegetable lasagna:</b>             | <b>450-mg. calcium</b> |

